

The Capitol Café Week OF March 23th 2008

4 = Fit for Life Item # Local

Complete catering guide
available to help make your
meetings a success.
Stop by the cashier & pick-up a
catering menu
Gift certificates available
throughout the year!!!



*"Beginning everyday
from scratch"*

A'viands

FOOD & SERVICES MANAGEMENT

FOOD SERVICE DIRECTOR

Curt Wellington 701-223-8766

ndcapitol@aviands.com

All comments welcome!

**Taco Bar Served every
MON. & WED**

**Hot roast beef sandwich w/
mashed potatoes & gravy**

TUES. & THURS

Soup of the day

MONDAY
Chicken Noodle

TUESDAY
Knoephla

WEDNESDAY
Tomato

THURSDAY
Cheesy Chicken Tortilla

FRIDAY
Vegetable Beef

Open Monday thru Friday
7am to 4:30pm

Breakfast served Monday thru Friday
7am to 10:30am

Lunch served Monday thru Friday
10:30am to 1:30pm

Closed all weekends & holidays

MONDAY		
Breakfast Grill	Sausage, egg & cheese croissant	\$3.55
Grille	Swiss mushroom burger w/ side of fries	\$4.67
Market place Entrees #	Meat loaf w/ dill red potatoes, cheesy green beans & dinner roll	\$4.99
World Flavors	Tater tot hot dish w/ vegetable & dinner roll	\$4.67
Grab and Go	½ sub sand w/ cup of soup	\$3.25
Breakfast Grill #	2 pancakes, 2 bacon, order of toast	\$2.99
Grille	French dip w/ Au jus & side of fries	\$5.50
Market place Entrees	Raspberry chicken salad w/ side of garlic bread stick	\$4.50
World Flavors	Chicken fried steak w/ mashed potatoes, gravy & corn	\$4.99
Grab and Go 4	Turkey-apple gyro w/ cup of soup	\$4.50
WEDNESDAY		
Breakfast Grill	Rancher's special w/ side of toast	\$3.29
Grille	Grilled Chicken club sand on Kaiser roll w/side of fruit salad	\$4.99
Market Place #	Ham & Au gratin potato hot dish w/ vegetable & dinner roll	\$4.67
World Flavors 4	Mushroom lasagna w/ side salad & garlic bread stick	\$4.67
Grab and go	½ crispy Ranch wrap w/ cup soup	\$3.25
THURSDAY		
Breakfast Grill	Biscuits & gravy w/ side sausage patty	\$3.05
Grille	Buffalo burger w/ mushroom sauce & side of fries	\$5.50
Market Place Entrees #	Pasta primavera w/ garlic bread stick	\$4.67
World Flavors	Baked chicken & rice hot dish w/ side of vegetables & dinner roll	\$4.67
Grab and Go 4	½ Roasted red pepper wrap w/ cup of soup	\$3.25
FRIDAY		
Breakfast grill	Texas style French Toast w/ 2 strips bacon	\$3.04
Grille	Chicken strips w/ fries & BBQ sauce	\$4.99
Market Place Entrees 4	Maple glazed salmon w/ vegetable & rice pilaf	\$5.50
World Flavors #	Spaghetti w/ sauce (no meat) side salad & garlic toast	\$4.67
Grab and Go	Soup (cup) & salad bar	\$4.20